

## *Why Should I Stop Smoking?*

1. Smoking is a DEADLY addiction, and people who quit smoking live longer than those who continue.
2. Smoking increases the risk of lung cancer, heart disease, strokes, chronic lung & respiratory disease.
3. 40% of men and 28% of women die prematurely due to the use of tobacco.
4. I can save \$3.50 per day and \$105.00 per month (for those who smoke 1 pack/day).
5. I want to get rid of this awful cough and sore throat.
6. I really don't want to smoke, but I've been doing it for so long, that I don't know how to stop.
7. Cigarettes, pipes and cigars increase the risk of dying of esophagus cancer two to 9 times.
8. People encountering passive smoke have increased risks of respiratory illness, infections, and impaired blood circulation.
9. Smoking during pregnancy doubles the risk of my baby dying of SIDS (Crib Death).



The Indiana Government  
Center and State  
Personnel Department,  
in collaboration with  
Indiana Tobacco  
Prevention and Cessation  
(ITPC), the Marion County  
Health Department and  
others around the State  
of Indiana are offering  
Smoking Cessation  
classes to employees to  
help them QUIT smoking.

[www.WhiteLies.tv](http://www.WhiteLies.tv)

# *Ready to QUIT!*



**317-233-3282**

